

Free for any NYC teen with no referral needed. Get started now



Services

For clinicians

For business

Log in

Get started



Free online therapy for NYC teens

School stress, relationships, friend drama—teen life can be a lot. So, your city is stepping up to give you mental health support. Now anyone 13-17 living in New York City has access to Talkspace at no cost.

Get started

We can help! By continuing, you consent to our recording this chat & our privacy policies.



NOTE: slides that follow did not require parent permission to proceed through (nore a clear privacy policy about what a 13-17 year old has now entered) teen is prompted at end to download the app. Once they 'see results' and login it will send a guardian opt in.

access here: <https://www.talkspace.com/coverage/nyc>



Choose a starting point

Both options are available for free if you're a New York City teen

Learn the fundamentals first

Support your mental health with interactive lessons and exercises with Talkspace Go

Get matched with a therapist

You'll connect through ongoing messaging and virtual sessions with Talkspace therapy

Any 13-17 year old in NYC is eligible to access the platform, so it is easy to fill this part out and sail through... but important to note there is no box here related to privacy. Zero opt in... but now the company has a child's DOB, address, and possibly school name without any consent.



We need some details to get started

Date of birth

Address

(e.g. home, shelter, or most recent address)

Apartment, suite, etc. (optional)

City

State

Zip code

Country

School you attend (optional)

Continue

While on this page there is a tiny “terms and privacy” policy noted...kids are opting in without parent/guardian approval which the service/NYC promises.

The catch is that parents opt in to the “use of the service” but on this slide and next 20+ kids give an invasive amount of information before parents can weigh in.

Create your Talkspace Go account

This will give you access to our on-demand lessons and self-guided exercises

Email

Password

Must be at least 6 characters

Already have an account? [Log in](#)

[Create Account](#)

By continuing, you accept our [Terms](#) and [Privacy policy](#)



You get free therapy through NYC Health Department!

You have access to Talkspace for free. Your benefits include therapy, workshops, on-demand content, and more. Need help signing up? Call (888) 850-0986

[Continue](#)



Let's get started

Over the next two weeks, you'll spend five minutes a day learning how to support your mental health. We'll begin by asking how you've felt over the last two weeks.

[Continue](#)



How are you currently feeling?

Overwhelmed
More stressed than usual
Average
Less stressed than usual
Calm



**Which race or ethnicity do you
identity with?**

American Indian or Alaskan Native
Asian
Black or African American
Hispanic or Latinx
Native Hawaiian and Pacific Islander
White
Biracial or Multiracial
Other racial or ethnic background
Prefer not to share



What is your gender identity?

Female
Male
Transgender female
Transgender male
Gender queer
Gender variant
Non-binary
Prefer not to share
Other



What do you need support with?

Select all that apply

Anxiety or worrying
Sadness or depression
Body image or eating habits
Racial, ethnic or cultural identity
Gender identity
Becoming my best self
Traumatic experience
Drug or alcohol use
Social media use
Difficulties at home or school
Concentration or focus
Improving my relationships
Grief, loss, or tough transitions
Bullying
I'm not sure
Other

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In the last two weeks, how often have you been bothered by feeling little interest or pleasure in doing things?

Not at all
Several days
More than half the days
Nearly every day



In the last two weeks, how often have you been bothered by feeling down, depressed, irritable or hopeless?

Not at all

Several days

More than half the days

Nearly every day



In the last two weeks, how often have you been bothered by trouble falling asleep, staying asleep, or sleeping too much?

Not at all
Several days
More than half the days
Nearly every day



In the last two weeks, how often have you been bothered by feeling tired or having little energy?

Not at all

Several days

More than half the days

Nearly every day



In the last two weeks, how often have you been bothered by feeling bad about yourself – or feeling that you are a failure, or that you have let yourself or your family down?

Not at all

Several days

More than half the days

Nearly every day



In the last two weeks, how often have you been bothered by having trouble concentrating on things like school, work, reading, or watching TV?

Not at all

Several days

More than half the days

Nearly every day



In the last two weeks, how often have you been bothered by moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you were moving around a lot more than usual?

Not at all

Several days

More than half the days

Nearly every day



In the last two weeks, how often have you been bothered by feeling nervous, anxious, or on edge?

Not at all
Several days
More than half the days
Nearly every day



In the last two weeks, how often have you been bothered by not being able to stop or control worrying?

Not at all

Several days

More than half the days

Nearly every day



In the last two weeks, how often have you been bothered by having trouble relaxing?

Not at all

Several days

More than half the days

Nearly every day



In the last two weeks, how often have you been bothered by becoming easily annoyed or irritable?

Not at all

Several days

More than half the days

Nearly every day



In the last two weeks, how often have you been bothered by feeling afraid, as if something awful might happen?

Not at all
Several days
More than half the days
Nearly every day



What do you hope to get out of using Talkspace Go?

Select all that apply

Understand myself better
Learn how to set healthy boundaries
Build relationship skills
Better communication skills
Greater sense of independence
More confidence
Figure out my identity
Learn how to take care of myself
Learn how to resolve drama/conflict
Time management skills
Learn healthier habits
Gain perspective
Learn how to set meaningful goals
Increase empathy
Better anxiety management
Mindfulness skills
Other



Download Talkspace Go to see your results

The app is completely free for you



Download on the App Store



Get it on Google Play